

SUBSTANCE ABUSE: PREVALENCE AND THE DETERMINANT FACTORS AMONG YOUTHS IN JIGWADA AREA, NASARAWA STATE, NIGERIA

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ABSTRACT

The study examined the prevalence of substance abuse and its determinant factors among youths in Jigwada Area, Keffi, Nasarawa State using a cross-sectional survey design. The study adopted a multistage sampling technique and also an online sample size calculator to determine the required sample size for the study and the exercise generated 198 sample size from a total of 405 substance users. The instruments for data collection were demographic characteristics of participants such as age, marital status, occupation and gender; Substance Use/Abuse Prevalence inventory (SUAPI); DAST-10; Rosenberg Self-esteem Scale and Peer Pressure Scale. Result of hypothesis 1 revealed that youths in Jigwada abuse Alcohol, Tobacco, Marijuana, Rohypnol, Mixture, Syrup, Cocaine, Unprescribed drugs, Coffee, Kola nut, Spirit, and Solvent. Among all these substances, Cocaine, Solvent, Coffee and Syrup were less prevalent among youths in Jigwada, Keffi, Nasarawa State. The result of hypothesis 2 indicated that peer pressure significantly predicts substance abuse among youths in Jigwada, Keffi, Nasarawa [$\beta = .350$; $t = 5.237$; $R^2 = .123$; $F = 27.426$; $p < .05$]. The result of hypothesis three indicated that self-esteem did not significantly predict substance abuse among youths [$\beta = -.084$; $t = -.245$; $R^2 = .007$; $F = 1.362$; $p > .05$]. and as such did not confirm the stated hypothesis. The result of hypothesis four indicated that Male participants differ significantly than Female participants in substance abuse [$t(196) = 3.486$, $p < 0.05$]. In this light, the study concluded that there is a high prevalence of substance abuse among youths, peer pressure influenced substance abuse and males abuse substances than females in Jigwada Area of Keffi, Nasarawa State. The study recommended that there should be public health or community-based intervention

programs as these are needed to reduce the high prevalence of drug abuse and preventing drug use or substance abuse among youths in Jigwada Area of Keffi, Nasarawa State.

Keywords: Substance Abuse, Peer pressure, Self-esteem, Youths, Jigwada Area.

Background to the Study

Substance abuse is a global public health problem that impacts negatively on health, family, society, educational and professional life. Majority of youths ignorantly depend on one form of substance or the other for various daily activities such as social, educational, political and moral (Gobir, Sambo, Bashir & Omole 2017). Drugs are commonly used by everybody whether young or old. Drugs are not only useful for human beings; they are also useful for animals for good health. Drug is an effective substance in the life of any living thing to cure sickness and to make life healthy. It is true that drugs are used for beneficent therapeutic purposes, effective substance for good health, but they are being abused by people especially youths. They use it illegally and unlawfully, thus it becomes harmful to the body. Experimentation with substances among youths is not uncommon. However, studies have shown that youths who experiment with substances at a young age are more likely to use other drugs later in life. Some youths' exposure may be limited to experimentation but others tend to develop into dependency, even moving to dangerous substances and causing significant harm to themselves and possibly others. To complicate the matter, most youths who abuse substances also have a diagnosable mental disorder. Youths that abuse substances have higher prevalence of psychological problems compared with the general youth/adolescent population (Stanley, 2012).

The use of illicit drugs and/or hard substances by a significant number of youths has increased worldwide. Increased use over the past decades, tends towards multiple use of substance at earlier age of onset has all been noticed among these youths (Adelekan, 2011). The impact of drug abuse among Nigerian youths has been considered a moral decadent. Drug abuse has made the face of the Nigerian Youths rough and brought shame to our society. The Nigerian youths are deliberately using drugs illegally, unlawfully and intentionally. Many of our youths ignorantly or knowingly depend on one drug or the other for their daily activities. According to the statistics provided by World Health Organization (WHO), drugs including alcohol and tobacco, have caused a lot of road accidents and have claimed more lives than other sicknesses suffered by mankind. As International Drug Trafficking is gaining strength, the international cooperation against drug trafficking is steadily losing strength and lacking organization (WHO, 2015). Kiran-Esen (2003) found that, a positive relationship exists between peer pressure and risk-taking behaviour. The influence of a peer group becomes more pervasive for the individuals from weak family settings, such as from permissive parents (Thakore, et al., 2009). For adolescents who lack positive family relationships, peer pressure plays a large role in their psychological development. This makes them more vulnerable to try novel, previously prohibited and sometimes illicit experiences (Abikoye, Sholarin, & Adekoya, 2014).

Substances abuse in youth is associated with many detrimental consequences including risky sexual behaviours, increased risk if suicides, accidental deaths, and Hepatitis (Deas, 2011).

Substances for which a diagnosis of abuse or dependence can apply include; Alcohol, Amphetamines, Cannabis, Cocaine, Hallucinogen, Inhalants, Opioids, Phencyclidines and Sedatives (Bukstein, 2008).

In Nigeria, this issue of substance abuse has been a serious concern for the society. This is because, in recent times, the rate at which youths abuse substance / drugs have been so alarming and worrisome that much efforts have been made to eradicate it (Barber, 2007). Substance abuse can be eradicated more effectively when the various factors that contribute to/ influence the indulgence of youth in substance abuse especially the psychological factors are researched and considered in the fight against drug abuse.

Statement of the Problem

Substance abuse is now recognized as a significant public health problem worldwide (Akindipe and Aina, 2021; cited Anyanwu, Ibekwe&Ojinnaka 2016). It is estimated that 1 in 20 adults, or a quarter of a billion people between the ages of 15 and 64 years used at least one drug in 2015 (World Drug Report, 2016). In the same vein, United Nations (2018), reiterated that cannabis was by far the most widely consumed drug worldwide in 2016, with 192.2 million past-year users, corresponding to 3.9 percent of the global population aged 15–64 years. High annual prevalence rates of cannabis use continue in West and Central Africa (13.2 percent) (United Nation Office of Drug and Crime 2018). Furthermore, in Nigeria, one in seven persons aged 15-64 years had used a drug (other than tobacco and alcohol) in the past year corresponding to 14.3 million people of this age group who had used a psychoactive substance in the past year for non-medical purposes (United Nations Office of Drug & Crime UNODC, 2018).

Substance abuse is a major public health problem all over the world (United Nations' Office on Drugs and Crime (UNODC), 2005) and the use and abuse of substances/drugs by youths/adolescents have become one of the most disturbing health related phenomena in Nigeria and other parts of the world (National Drug Law Enforcement Agency (NDLEA), 2007). This is because substance abuse is a problem that is causing serious concern to both individuals and governments all over the world (Fareo, 2012). The problem is prevalent among youths who seem to be ignorant of the dangers inherent in drug addiction. Many of them engaged in substance abuse out of frustration, poverty, lack of parental supervision, peer influence and pleasure.

Substance abuse among youths in Nigeria is now a common phenomenon with young ladies not exempted in this evil act. Recent research shows that 15-20 percent of drug addicts are females while males constitute about 50-55 percent, all comprising of traders, students, unskilled workers and the unemployed as shown by a retrospective study carried out by NDLEA (Nigerian Drug Law Enforcement Agency, 2010). Substance usage among young people in Nigeria is well documented (Oshodi, Aina, &Onajole, 2010; Igwe, Ojinnaka, Ejiolor, Emechebe& Ibe, 2009; Omokhodion&Faseru, 2007). The degree of drug use in Nigeria is reported to be high when compared with the 2016 global annual prevalence of drug use of 5.6 percent among the adult population (UNODC, 2018).

It was revealed that an estimated quarter of a billion people, or around 5 percent of the global adult population, use drugs at least once, more worrisome is the fact that about 29.5 million of those drug users, or 0.6 per cent of the global adult population, suffer from drug use problems leading to deaths and injuries (Sarkingobir&Dikko, 2020). Substances of abuse are categorized as: stimulants, hallucinogens, narcotics, depressants (sedatives and tranquilizers) and anabolic steroids. Although worldwide prevalence is high, researchers noted that illicit drug use remains vastly underestimated because of the inherent difficulty in gathering data, particularly with respect to use of hallucinogenic agents and inhalants, or the nonmedical use of anabolic steroids or benzodiazepines such as diazepam (Valium, Roche). It was estimated that in 2012, between 162 and 324 million people, corresponding to between 3.5% to 7.0 % of the world population aged 15-64, had used an illicit drug and the global prevalence of intravenous substance abuse was about 0.27 % and about 0.17% in Africa (UNO, 2014).

Drug abuse exposes the individuals to major socio-economic and health problems, and serves as a predisposing factor for crime in a society (Yusuf, 2013). Youth are very significant in any society. They are one of the greatest ware-withal any nation can use to achieve development and economic growth. They remain the leaders of tomorrow. The youth are particular portion of the national population that is meant to be sensitive, energetic, and active and the most productive among the citizens. The youth are also most volatile and yet the most vulnerable segment of the population (Nasiru, Musawa, Hassan, &Ejemb, 2019).

Hawkins, Catalano and Miller (2012) in their findings indicated that a low level of commitment to education and higher truancy rates appear to be related to substance use among adolescents. Cognitive and behavioural problems experienced by alcohol- and substance using youth may interfere with their academic performance and also present obstacles to learning for their classmates (Bureau of Justice Statistics, 2012). Drug abuse can lead to a variety of respiratory problems. For example, smoking cigarettes has been shown to cause bronchitis, emphysema and lung cancer. The use of some drugs may also cause breathing to slow, block air from entering the lungs or exacerbate asthma symptoms. Cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease can all be affected by drug abuse. Some of these effects occur when drugs are used at high doses or after prolonged use; however, some may occur after just one use (Bureau of Justice Statistics, 2012). Mental health problems such as depression, developmental lags, apathy, withdrawal, and other psychosocial dysfunctions frequently are linked to substance abuse among adolescents. Substance-abusing youths are at higher risk than non-users for mental health problems, including depression; conduct problems, personality disorders, suicidal thoughts, attempted suicide, and suicide. Marijuana use, which is prevalent among youth, has been shown to interfere with short-term memory, learning, and psychomotor skills. Motivation and psychosexual/emotional development also may be influenced (Bureau of Justice Statistics, 2012). Because of substance abuse, some youths often are alienated from and stigmatized by their peers. Youths abusing alcohol and other drugs also often disengage from school and community activities, depriving their peers and communities of the positive contributions they might otherwise have made. In most cases, drug abuse and addiction start with peer group pressure. Psychologically, if they don't participate in what their peers are doing, they feel unfulfilled" (Bureau of Justice Statistics, 2012). Injuries due to accidents (such as car accidents), physical disabilities and diseases, and the effects of possible overdoses are among

the health-related consequences of substance abuse among youths. Disproportionate numbers of youth involved with alcohol and other drugs face an increased risk of death through suicide, homicide, accident, and illness (The Drug Abuse Warning Network DAWN 2011).

Most people do not understand the effects of substance abuse especially on the youths. It is very necessary that substance abuse should be prevented or controlled. Substance abuse is a growing problem and its prevention should also be a growing measure and stronger in order to over-power the cankerworm. It has been observed that many people, especially youths are homeless, wanderers, unemployed, rapist, thugs, armed robbers and so on because they are substance abusers. A lot of lives and property have been wasted in accident and violence because of drug. Youths that are supposed to be the hope of their families and the society at large and useful to themselves have wasted their lives, all because of drugs and it has been a serious problem in Nigeria.

It is in light of these that the researcher is concerned with survey of the influence of psychological factors on substance abuse among youth in Jigwada, Keffi Local Government Area of Nasarawa State.

Literature Review

Prevalence of Substance Abuse

Several studies have been conducted over the years on the prevalence of substance abuse among youths in Nigeria and other countries of the world. Take for instance, according to the National Institute on Alcohol Abuse and Alcoholism (2021), about four out of five college students drink alcohol. Though drinking has long been the most common form of substance abuse in college, the National Institute on Drug Abuse points out that the use of marijuana, [prescription drugs and illicit drugs \(study drugs\)](#) is on the rise. Furthermore, Kanmodi, Omoleke, Aliyu, Martins, Nwafor, Ogundipe, and Abdulsemeeh-Omoleke (2020) determined the prevalence and pattern of drug abuse, as well as assessed the health and socioeconomic impact on students in School of Health Technology (SHT), in Jega, Kebbi State, Nigeria. Questionnaire was administered to 254 students in order to collect data which was analyzed. The study found that most of the respondents who disclosed a positive history of drug abuse had directly or indirectly suffered socio-economic and health consequences such as engagement in crime, strained relationships and job loss.

More also, Lawal and Aliyu (2020) established in their study on the assessment of causes and effects of drugs and substances abuse among Youth in Katsina found out that the most commonly abused substances by the respondents include Tobacco, Codeine, Marijuana (Indian hemp), and cola nut. Furthermore, Alhassan, Ajodo and Ajayi (2019) in their study found out that there was a significant prevalence rate of alcohol, cigarettes and marijuana consumption among students.

Kiambi (2018) found out in his research that alcohol consumption, cigarette smoking, bhang smoking, Khat chewing and cocaine consumption were prevalent in Kiambu County. In another related study carried out by Masenga (2017) investigated the impact of drug abuse on academic performance of students in public secondary schools in Kishapu District in Tanania, aiming specifically to identify common types of drugs the students abuse, explore causes of

drug abuse among students in the study area, to assess rate of school attendance among children involved in drug abuse as well as their terminal and annual examination performance. Questionnaires were used to collect data and from the findings, it was revealed that marijuana was most frequently abused closely followed by cigarette and alcohol.

Similarly, Yunusa, Bello, Idris, Haddad, and Adamu (2017) in his study on determinants of substance abuse among commercial bus drivers in Kano Metropolis, Kano State, Nigeria using a descriptive cross-sectional design for the study where by 196 respondents were selected through a multi-stage cluster sampling technique. He found out that solution, coffee, tramadol, local stimulant tea (Gadagi), cola-nut and tobacco were prevalent among bus drivers in Kano State. Furthermore, Adeyemo, Ohaeri, Pat and Ogodo (2016) in their study on the prevalence of substance abuse among university students in Benin established that a higher proportion of compulsive drug abuse was associated majorly with male gender. The study also established that the rate of drug abuse was prevalent among young people within the age group of 20-25 years. The study concluded that almost half of the students' population were abusing one substance or the other.

More also, Tarig, Cathrine, Alaa, Hala, Fatima, Asma, Eiman, and Wael (2016) investigated the prevalence and factors related with substance use using 500 students of a higher institution. Questionnaire was used for data collection and analyzed. The study found an overall prevalence of substance of 31%, and identified curiosity as the major factor influence substance use. It also found adverse effects of substance used to be theft and health problems, while peer pressure was identified as the main source of obtaining the substance. Recommendations made by the study to curb the prevalence included provision of educational programmes by the university to improve awareness and consequence of these substances. Similarly, Loke, Mak, and Wu (2016) in their study the association of peer pressure and peer affiliation with the health risk behaviors of secondary school students in Hong Kong, using a questionnaire employing the Peer Pressure Inventory and their involvement in risk behaviors using a modified global school-based student health survey. The results revealed the prevalence of secondary students who had ever smoked was 6.4%, consumed alcohol 39.2%, ever used drugs 0.5%. Lastly, Abikoye, Sholarin, and Adekoya, (2014), found out in their study that alcohol, tobacco, stimulants, cannabis and sedatives were the most commonly abused substances.

Peer pressure and substance abuse

Several explanations have been given for factors that influence drug abuse and drug addiction among youths. Take for instance, Akindipe and Aina (2021) in their study on factors influencing substance abuse among patients admitted to the two Neuropsychiatric Hospitals in South – West, Nigeria. A descriptive cross-sectional design was used. The purposive sampling method was utilized to collect data from 121 respondents from the two hospitals. Self- designed questionnaire was used as an instrument for data collection. peer pressure, personality trait, marital status and occupation independently predicted substance abuse. Furthermore, in an un-authored published Journal of Humanity and Social Sciences (2021) in its study on the social impact of drug abuse of tertiary students in Nigeria, using multistage sampling technique indicated that peer pressure exerts a great measure in drug abuse among the youths' population. Similarly, Lawal and Aliyu (2020) established in their study on the

assessment of causes and effects of drugs and substances abuse among Youth in Katsina found out (18.5%) the major cause of substance abuse among youth are peer pressure and desire for enjoyment.

Furthermore, Brunswick and Boyle, (2019) in their study established that peer influence also exert a positive impact on drug abuse. According to them, availability of prodrug socializing agents in the youth's immediate environment has been found to be common They make access to illicit drugs easy for the youths. In such an environment, the initiation to drug needs no strong motivation as the youths simply try whatever they see others doing (Becker, 2017). According to Huba (2019), the peer influence is exerted through two major means in the drug abuse culture which include initiations and supply. In a vivid explanation provided by Huba (2019), peers provide models for drug addiction by teaching its members when, where, and how to use the drugs such as the present-day Malian culture among youths. His finding suggests that having a large number of drug-using friends may enable youths and then become addicts. This is, therefore, the reason that exposure to gang initiation and drug addiction is common in city slums (Cohen, 2018). This may also suggest the reason why drug dealers tend to engage the Almajiris as carriers and distributors (MURIC, 2018).

In another related study, Leshargie, Alebel, Kibret, Birhanu, Mulugeta and Malloy (2019) on the impact of peer pressure on cigarette smoking among high school and university students in Ethiopia. The study found out that peer pressure significantly influenced cigarette smoking. In a study by Abikoye, Sholarin and Adekoya (2014), found that more peer pressure was significantly associated with more substance abuse. Similarly, Paul (2019) in his study found out that there was a no significant relationship between peer pressure and peer pressure and substance abuse. In the same vein, Joshua (2019) in his study on Peer Pressure, Locus of Control and Substance Abuse among Adolescents, found out that peer pressure is a significant predictor of substance abuse. Also, Chukwuemeka, Nwana, Bernard and Oguegbe (2019) in their study found out that peer pressure significantly influences substance abuse among people. Furthermore, Wandera (2018) in his study which aimed at examining the relationship between stress, peer pressure and substance abuse among adolescents in Luzira secondary school located in the south east of Kampala district adopting a correlational study design indicated that that there is a significant relationship between stress and peer pressure, stress and substance abuse, and peer pressure and substance abuse among adolescents. He established that having friends who are using predisposed another to use.

Similarly, Mamma, Othman and Lian (2017) observed that the rate of drug abuse among youth in Nigeria accounted for the gang formation, armed robbery, mental illness and cultism in our society today. Furthermore, on the account of the influence of peer pressure on substance abuse, Loke, Mak, and Wu (2016) reported a higher proportion of secondary students involved in risk behaviours were affiliated with peers who were involved in the same activities: smoking, drinking alcohol, using drugs, engaged in sexual activity, and bullying. The perception of peer conformity and peer involvement was found to be significantly correlated with the students' health risk behaviours, particularly with regard to smoking, drinking alcohol, and bullying. A logistic regression analysis showed that having friends who are involved in the same risk behaviours is the single most important factor associated with the participation of secondary students in those specific risk behaviours.

Lastly, Laanyan (2014) carried out a study on the influence of peer pressure on drinking alcohol among Chinese college students, where he employed 951 students (Freshman, Sophomore, and Junior) from a University in central China who volunteered to participate in the study. The extent of perceived peer pressure and corresponding drinking behaviour were examined separately in subpopulations categorized by gender and peer groups. The result indicated gender differences and subgroup differences for perceived peer pressure. Pressure was significantly related to alcohol drinking frequency for both peer groups. Also, results from a path model indicated that perception of peer pressure was negatively correlated with alcohol self-regulation self-efficiency.

Self-esteem and substance abuse

In an attempt to examine the influence self-esteem plays in influencing substance use and abuse among the youths and the entire population, several studies were reviewed. Take for example, Muomah, Ndokuba, Odinka, Amadi, Nduanya and Odinka (2020) in their study on assertiveness and self-esteem of persons with drug use problems in a developing country: A comparative study, found out that the self-esteem and assertiveness of people with substance use disorder is lower compared to those who do not indulge in drug abuse.

Considering the social implications of drug abuse on undergraduate students, Okafor (2019) examined the causes and the University of Ilorin, Kwara State, Nigeria. The study adopted a descriptive survey design and a simple random sampling technique was used to select the respondents from the University of Ilorin, Kwara State, Nigeria for the study. The instrument used was a questionnaire and it was revealed from the findings of the study that; students majorly involved in drug abuse because they needed to cope with their academic challenges; low self-esteem was a major consequence of drug abuse; based on gender and faculty/department, there were no significant differences. In the same vein, Babirye (2018) in his study established that there was a significant relationship between self-esteem and substance abuse among Youths.

Conversely, Alhassan Ajodo and Ajayi (2019) in their study on socio-psychological factors associated with substance use among senior secondary school students in Nyanya and Mararaba areas of the Federal Capital Territory (FCT) and Nasarawa State, Nigeria using a cross-sectional research design to recruit participants. The result of their findings indicated a no significant relationship between substance use and self-esteem. Lastly, in further consideration of self-esteem and substance abuse, Aguirre, Alonso, and Zanette (2010) conducted a study on the relationship of levels of self-esteem and alcohol consumption in adolescents through a transversal, descriptive study in a college of Nursing of Queretaro in Mexico. The participants were 109 adolescents aged from 17 to 20years. Data was elicited using Audit and Rosemberg self-esteem scales. The majority of the participants had high self-esteem (94.5%) and non-presented low self-esteem of the adolescents in the study 80.7% did not consume alcohol hazardously. It was concluded that the adolescents presented high self-esteem and low alcohol consumption and vice versa. The study finally concluded that self-esteem did not mitigate against substance use.

Gender and Substance abuse

In an attempt to examine gender difference in substance abuse among youths, several studies were reviewed. Take for example, Lawal and Aliyu (2020) in their study established that males are more into substance abuse than their female counterparts. Similarly, Chukwuemeka et al (2019) inferred from the study results that male engage in drug/substance abuse than females. In the same vein, Adewumi (2017) reported in his research that males have significantly higher drug abuse scores than females. In another related study, the study of Babirye (2018) reported a conflicting result indicating that there is no gender difference in substance abuse among Youths. Lastly, Asagba, Chovwen, Alarape, and Agberotimi, (2016) reported that females are more involved in substance abuse than their male counterparts.

Hypotheses

The following hypotheses guided the study:

1. There will be a significantly high prevalence of substance abuse among youths in Jigwada Area of Nasarawa State, Nigeria.
2. Peer pressure will significantly predict substance abuse among youths of youths in Jigwada Area of Nasarawa State, Nigeria.
3. Self-esteem will significantly predict substance abuse among youths in Jigwada, Nigeria.
4. There will be a significant gender difference in substance abuse among youth in youths in Jigwada Area of Nasarawa State, Nigeria.

Method

The study adopted a cross-sectional survey design. Cross-sectional studies measure simultaneously the exposure and health outcome in a given population and in a given geographical area at a certain time (Hemed, 2015). It is also called a prevalence study (Hemed, 2015).

Population, Sample and Sampling Techniques

The study was conducted in Jigwada, Keffi Local Government Area, located west of the Nasarawa state, Nigeria. In Jigwada, there are about seven areas which are Angwan Maiyaki, Angwan Mada, Angwan Huasawa, Angwan Marmara, Angwan Tiv, Angwan Bala and New Extention. A Multistage sampling technique was adopted in the study. Firstly, out of the seven areas in Jigwada, three areas were selected through simple random technique (Ballot system). The areas randomly selected were Angwan Maiyaki, Angwan Tiv, and Angwan Mamara. Secondly, joints in those areas randomly selected were further clustered. Take for instance, there exist nothing less than five joints in each area randomly selected. Two joints were selected from each of the areas under study through simple random technique (lottery/ballot system). In all, the study used six joints to drive home the study. The total population (people were there for one drug or the other) from these joints as at the time of gathering data for the study were four hundred and five (405) substance users. The study adopted an online sample size calculator to determine the required sample size for the study. The sample size was tested at 95% confidence level, 5% margin of error, $\pm 5\%$ of survey value, and 50% population proportion. The generated sample size was One Hundred and Ninety-Eight (198). The third stage of sampling involved the adoption of equal allocation technique. In this case, the researcher got ready two hundred and ten questionnaires to be administered and this number

was divided by 3 and the result of the division gave a total of 70. This means that a total number of seventy drug users were administered questionnaires at each of the selected joints. Lastly, in order to select participants, a purposive sampling technique was adopted. In this case, those who met the predetermined criteria and were willing to participate were administered questionnaires. The predetermined criteria were:

1. They must be users;
2. They must fall within the age of 18 and above; and
3. They must be willing to be willing to participate in the study.

Instruments for data collection

Instruments adopted for data collection were questionnaires measuring demographic characteristics of participants such as age, marital status, occupation and gender; Substance Use/Abuse Prevalence inventory (SUAPI); DAST-10; Rosenberg Self-esteem Scale; and Peer Pressure Scale.

Substance Use/Abuse Prevalence inventory (SUAPI) developed by the researcher was used to examine the various drugs used and their prevalence. The scale was developed to measure the substance(s) used and abuse of different drugs within 30 days. It also measures the number of drugs used with a 30-day period.

Drug Abuse Screening Test (DAST-10) developed by Skinner (1982) to measure drug consequences and problem severity among adolescent and adult was used. It has high internal consistency (Cronbach's Alpha >0.85), acceptable test re-test reliabilities ($r=0.70$) and correlated highly with the original 28-items and 20 items scale at $r=0.97$ each. The response option is YES or NO where each question of the 10-items scores 1 point each. Answered YES take 1 point except for question (3) that is reversed; Score ranged from 0-10. Interpretation: 0= No problem, 1-2 score= low level, 3-5 score= Moderate level, 6-8 score= Substantial level and 9-10 score= Severe level. The reliability coefficient for the present study was $\alpha .732$.

Rosenberg Self-esteem Scale (1965) was adopted to measure self-esteem). It is a 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self. It uses a scale of 0-30 where a score less than 15 may indicate a problematic low self-esteem. The scale is believed to be uni-dimensional. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree. The Rosenberg Self-Esteem Scale, a widely used self-report instrument for evaluating individual self-esteem. When it comes to scoring, items 2, 5, 6, 8, 9 are reversing scored. Give "Strongly Disagree" 1 point, "Disagree" 2 points, "Agree" 3 points, and "Strongly Agree" 4 points. Sum scores for all ten items. Keep scores on a continuous scale. Higher scores indicate higher self-esteem. RSES has a Guttman coefficient of 0.92 and had been validated on Nigerian adolescents (Uba, Yaacob, Talib, Abdullah, & Mofrad, 2013)

Peer Pressure Scale adapted from a pre-existing literature from the work of Ding (2014) was used to measure peer pressure. The scale contained 8-items measuring peer pressure. Face validity was conducted. In this case, the scale was given to four experts who were lecturers from the department of psychology, Nasarawa State University, Keffi, Nigeria. The items were re-worded to suit the purpose of the study. One of the items was deleted because experts

saw it as tautology. So therefore, the scale used for the study contained 7-items. The response formats ranged from 1 (strongly disagree) to 5 (strongly agree). The scale yielded a reliability coefficient of α .754.

Data Analysis and Results

Test for Hypothesis One: The hypothesis stated that substance abuse will be highly prevalent among youths in Jigwada, Keffi, Nasarawa State.

Table 1: Showing Drugs of Abuse according to Prevalence rate

Drugs		FREQUENCIES	PERCENTAGES
Alcohol	Yes	128	64.6
	No	70	35.4
	Total	198	100%
Tobacco	Yes	72	36.4
	No	46	23.2
	Total	198	100%
Marijuana	Yes	108	54.5
	No	90	45.5
	Total	198	100%
Rohypnol	Yes	150	75.8
	No	48	24.2
	Total	198	100%
Mixture	No	93	47
	Yes	105	53
	Total	198	100%
Syrup	No	159	80.3
	Yes	39	19.7
	Total	198	100.0
Cocaine	No	186	94
	Yes	12	6.0
	Total	198	100%
Unprescribed Drugs	No	27	13.6
	Yes	171	86.4
	Total	198	100%
Coffee	No	161	81.3
	Yes	37	18.7
	Total	198	100%
Kola nut	No	33	14.7
	Yes	165	83.3
	Total	198	100%
Spirit	No	28	14.1
	Yes	170	85.9
	Total	198	100%
Solvent	No	170	85.9

Yes	28	14.1
Total	198	100%

Table 1 above presents the results of the analysis of the prevalence of substances of abuse among youths in Jigwada, Keffi, Nasarawa State. As indicated in the table above, youths of Jigwada abuse these substances: Alcohol (64%), Tobacco (36.4%), Marijuana (54.5%), Rohypnol (75.8%), Mixture (53%), Syrup (19.7%), Cocaine (6%), Unprescribed drugs (86.4%), Coffee (18.7%), Kola nut (83.3%), Spirit (85.9%), and Solvent (14.1%). Among all these substances, Cocaine, Solvent, Coffee and Syrup were less prevalent among youths in Jigwada, Keffi, Nasarawa State. The results of the findings confirmed the first hypothesis which stated that there will be high prevalence of substance abuse among youths in Jigwada, Keffi, Nasarawa State.

Test of Hypothesis Two: The hypothesis stated that peer pressure will significantly predict substance abuse among youths in Jigwada, Keffi, Nasarawa State.

Table 2: Summary Result of the prediction of Peer Pressure on Substance Abuse among youths in Jigwada, Keffi, Nasarawa State

Peer Pressure & Substance Abuse	β	t	R	R ²	df	F	Sig	P
Peer Pressure	.350	5.237	.350	.123	1,196	27.426	.000	<.05

Dependent Variable: Substance Abuse; Sig .003; p < .05

The table above shows the result of the prediction of peer pressure on substance abuse among youths in Jigwada, Keffi, Nasarawa State. The result indicated that peer pressure is a significant predictor of substance abuse among youths in Jigwada, Keffi, Nasarawa State [β = .350; t =5.237; R^2 = .123; F = 27.426; p < .05]. The result implies that pressures from friends is a significant contributor to substance abuse among youths and as such confirms the stated hypothesis.

Test of Hypothesis Three: The hypothesis indicated that self-esteem will significantly predict substance abuse among youths in Jigwada.

Table 3: Summary Result of the prediction of Self-Esteem on Substance Abuse among youths in Jigwada, Keffi, Nasarawa State

Self-Esteem & Substance Abuse	β	t	R	R ²	df	F	Sig	P
Self-Esteem	-.084	-.245	.004	.007	1,193	1.362	.245	>.05

Dependent Variable: Substance Abuse; Sig .785; p > .05

The table above presents the result of the hypothesis stating that self-esteem will predict substance abuse. The result of the finding indicated that self-esteem is not a significant factor in the determination of substance abuse among youths [β = -.084; t = -.245; R^2 = .007; F = 1.362; p > .05]. This implies that either someone has low or high self-esteem is not a determinant factor in substance abuse. The result of the present finding did not confirm the stated hypothesis.

Test of Hypothesis Four: The hypothesis stated that there will be a significant gender difference in substance abuse among youth in Jigwada, Keffi Local Government Area of Nasarawa State.

Table 4: Summary Results of the Difference between Male Participants and Female Participants on Substance Abuse among youths in Jigwada, Keffi, Nasarawa State

Gender & Substance Abuse	N	M	SD	df	t	Sig	P
Male	140	5.26	2.086	196	3.486	.001	<.05
Female	58	4.03	2.595				

The table above shows the summary results of the Independent Sample T-test analysis indicating the results of male and female participants on the measure of substance abuse among youth in Jigwada, Keffi Local Government Area of Nasarawa State. The result indicated that the mean score of male participants (M= 5.26) is higher than the mean score of female participants (M = 4.03). In order to established the significance of the mean difference, T-test for Independent Sample was used. The result indicated that male differ significantly than female in substance abuse [t(196)= 3.486, p<0.05] among youths in Jigwada, Keffi Local Government Area of Nasarawa State. This result confirmed the stated hypothesis.

Discussion of Findings

The present study examined the impact of peer pressure and self-esteem on substance abuse among youths in Jigwada, Keffi Local Government Area of Nasarawa State. The study also examined the prevalence of substances of abuse among the youths in Jigwada, Keffi Local Government Area of Nasarawa State.

The result of the first hypothesis which stated that there will be high prevalence of substance abuse among youths in Jigwada, Keffi Local Government Area of Nasarawa State was confirmed. The results indicated that Unprescribed drugs (86.4%), Spirit (85.9%), Kola nut (83.3%), Rohypnol (75.8%), Marijuana (54.5%), Alcohol (64%), Mixture (53%), Tobacco (36.4%) were prevalent, while Coffee (18.7%), and Solvent (14.1%), Cocaine (6%) were less prevalent which might be due to their expensiveness and unavailability to assess. This result is in agreement with the results of National Institute on Alcohol Abuse and Alcoholism, 2021; Kanmodi et., 2020; Lawal and Aliyu, 2020; Alhassan, Ajodo and Ajayi, 2019; Kiambi, 2018; Masenga, 2017; Yunusa et al., 2017; Adeyemo et al., 2016; Tarig et al., 2016; Loke et al., 2016; and Abikoye et al., 2014; whose various reports indicated that there was prevalence of substance abuse among youths.

The result of hypothesis two which stated that peer pressure will significantly predict substance abuse among the youths revealed that in actuality, influence of peer pressure on youths cannot be overemphasized. As reported in the finding, peer pressure is a determinant factor of substance abuse among the youths' populace in Jigwada Area of Keffi, Nasarawa State. The result of the present finding is in consonance with the reports of Akindipe and Aina, 2021; Journal of Humanity and Social Sciences, 2021; Lawal and Aliyu, 2020; Brunswick and Boyle, 2019; Huba, 2019; Leshargie et al., 2019; Paul, 2019; Joshua, 2019; Chukwuemeka et al.,

2019; Wandera, 2018; Loke et al., 2016; and Laanyan, 2014; whose various independent research findings indicated that peer pressure influences substance abuse among youths.

More also, the result of hypothesis three which stated that self-esteem will significantly predict substance abuse among youths in Jigwada Area of Keffi, Nasarawa State showed that self-esteem is not a predictor of substance abuse among youths in Jigwada Area of Keffi, Nasarawa State. The result of the present finding is not in tandem with the reports of Muomah et al., (2020); Okafor (2019); and Babirye (2018) whose reports independently indicated that self-esteem significantly have an impact on substance abuse. But the result of the present finding is in line with the reports of Alhassan Ajodo and Ajayi (2019); and Aguirre et al., (2010) whose reports also indicated that self-esteem has no prediction on substance abuse. This shows that a specific level of self-esteem is not a pointer to substance abuse among youths in Jigwada Area of Keffi, Nasarawa State.

Lastly, the result of hypothesis four indicated that substance abuse was more predominant among male gender as male participants significantly differ than female participants in substance abuse among youths in Jigwada Area of Keffi, Nasarawa State. The result tallies with the results of Lawal and Aliyu (2020); Chukwuemeka et al., (2019); and Adewumi (2017) whose independent reports indicated that male participants indulge in substance abuse than their female participant' counterparts. But the result of the present finding disagrees with the finding of Babirye (2018) whose finding revealed a no gender difference and also the finding of Asagba et al., (2016) which reported that female participants indulge in substance abuse than male participants.

Conclusion

The menace of substance abuse among the youth populace cannot be swept under the carpet as this indulgence has rendered so many youths incapacitated and redundant. Due to the habit, many people have died and many have been rendered homeless, drained and their existence have been rendered useless. Based on the results the present study, the study concludes thus:

1. There is a high prevalence of substance abuse among youths in Jigwada Area of Keffi, Nasarawa State;
2. Peer pressure significantly predicts substance abuse among youths in Jigwada Area of Keffi, Nasarawa State;
3. Self-esteem did not predict substance abuse among youths in Jigwada Area of Keffi, Nasarawa State; and
4. Male participants differ significantly than female participants in substance abuse among youths in Jigwada Area of Keffi, Nasarawa State.

Recommendations

Based on the outcome of this study, the following recommendations were made:

1. There should be public awareness on the danger of substance abuse.
2. There should be public health or community-based intervention programs as these are needed to reduce the high prevalence of and preventing drug use or substance abuse among youths in Jigwada Area of Keffi, Nasarawa State.

3. Lastly, parents should consistently educate their children on the negative impact of friends on an individual.
4. Future researcher should put into consideration standardizing the instruments used among the Hausa-speaking people as this will enhance communication flow and quick understanding of the items.

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